kitchen must-haves for every cook

the right tool makes it easy

by Erin Graham

WHETHER YOU'RE A SEASONED PRO or just starting to experiment in the kitchen, our stores have gadgets that can make cooking easier, and a lot more fun.

1 the kitchen newbie

Good Cook Silicone Oven Mitt: Newcomers and old hands in the kitchen alike will appreciate this versatile oven mitt with its clever ribbed split finger design for better grip. Great for both righties and lefties, it's heat safe to 450 F.

Other must-haves. Home 360° Bamboo Basting Brush, Bonny 13" Pizza Pan

2 the busy baker

Bonny 16" X 12" Large Cookie Sheet: This oversize sheet can handle up to two dozen cookies at a time — and it's designed to distribute heat evenly to prevent those pesky burnt edges.

Other must-haves. Anchor Hocking 9.5" Deep Pie Pan, Good Cook Cake Decorating Icing Bag

3 the savvy chef

Home 360° Silicone Steamer Basket: Smart cooks use steaming to retain nutrients and moisture. Our flexible steamer fits into both large and small pans and is heat safe to 450 F.

Other must-haves. Good Cook Classic Chicken Fryer, Ball Quilted Crystal Jelly Jars

4. the household gourmand

Anchor Hocking Custard Cups. These mini glass dishes are versatile: in addition to making serving dishes for custards and puddings, they can withstand oven temperatures up to 425 F. And they're handy for melting ingredients like butter in the oven or microwave.

Other must-haves: Home 360° 12" Stainless Steel Tongs; Good Cook 10" Cast-Iron Skillet

TIM BARRE, ERIN BENJAMIN, PACHO; PAGE 34 N
DEVIN; PAGE 35 BOLL & BRANCH, ALEX BRAUNER

Q&A

Mark Bove

PRESIDENT, BOVE'S

Your neighborhood store is a great place to look for fresh, local products. And the businesses that deliver those high quality, close to Home® items sold at Hannaford usually have an interesting story to tell. We asked Mark Bove, whose company, Bove's, makes delicious lasagna, sauces, and meatballs, to tell us about his flourishing local business and products.

How did Bove's get started?
Bove's has a long tradition of building business on word of mouth. My grandparents, friends and neighbors raved about their home-cooked meals and urged them to open a restaurant. Bove's Café opened in Burlington, VT, back in 1941, and it's still thriving at its original location. And then when people came to the restaurant, they wanted to take the sauce home! We started selling Bove's All Natural Sauces in 1996. We launched with Marinara and Roasted Garlic and have been refining and expanding our line of sauces ever since.

How long have you been involved in the business?
Anyone who's grown up with a family business knows that it's a part of your life from the time you're a kid. And although I'm the president of Bove's now, and I work on developing recipes and marketing, I'm still at the restaurant cooking every day that we're open. Sometimes you'll even see me at Hannaford stocking our sauces and meatballs! After 30 years in this business, I've learned that there's no substitute for hands-on experience, whether that's making a great sauce from scratch, meeting our customers in the restaurant, or putting our products on the supermarket shelf.

What makes your products different?
Bove's has been around a long time because we love feeding people good food made from a simple list of ingredients. Before it was a trend, we used, when possible, just a few fresh, local ingredients, and we make our meatballs, lasagna, and sauces in small batches. Our customers can feel good knowing that they're buying something we're proud to feed our own kids, grandkids, and neighbors — because we do it every day.

bok choy

Delicious raw or cooked, bok choy is a vibrant leafy green with a mild flavor and plenty of nutrients, including vitamins A and C and folic acid. Although often used in stir-fries and other Asian dishes, bok choy is actually a versatile vegetable that can add a light flavor and crisp texture to just about any cuisine. It cooks in a matter of minutes, pairing well with almost any flavor you choose. Bok choy is delicious sautéed as a side dish, but you can easily design a whole meal around it. What's more, the high fiber stalk of this veggie can help you feel full – and eat less.

Enjoy bok choy in our recipe for **Roasted Bok Choy with Miso-Lemon Vinaigrette** at hannaford.com

–Abigail Ortlieb

new year, new you

By Dee Lonergan MS, RD, CDN

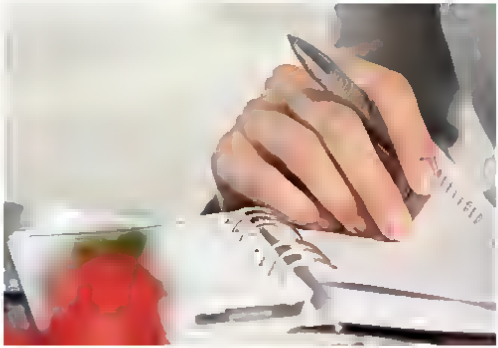
EVERY YEAR, losing weight is one of the most popular resolutions. The goal seems simple, but people too often get discouraged. Instead of focusing on weight loss, you're better off making specific — and sustainable — changes to your diet and lifestyle. If you make that effort, you'll be healthier overall.

So what *should* you resolve? First, get a checkup to see if there are any health issues, such as high blood pressure or abnormal glucose levels. Next, take a good look at your diet, perhaps by keeping a journal of everything you eat for a week to identify any weak spots. Then pick a goal. Check out these suggestions, and start slowly. Make small changes over time, and as one becomes a habit, add another.

Resolution No. 1: Eat a healthy breakfast, every day. Studies have shown that people who eat a nutritious breakfast that includes lean proteins and whole grains tend to weigh less than those who don't. Try a simple veggie omelet with a slice of whole wheat toast or oatmeal with fruit. In a hurry? Make a smoothie to-go with low-fat yogurt and frozen fruit.

Resolution No. 2: Cook with whole grains. Fiber-rich whole grains help you feel fuller longer, and they may help fight obesity, diabetes, and cardiovascular disease. Substitute whole wheat flour for half the white flour in your favorite recipes.

Resolution No. 3: Up your fruit and vegetable intake. Fiber in whole fruits and vegetables keeps you full, and may help protect you from obesity and other conditions. Add fresh or frozen veggies to a morning scramble, snack on berries or apples and supplement one meal a day with a green salad.



Resolution No. 4: Eat less meat. Studies have linked high meat consumption to certain health problems, so try to swap a few meaty meals a week for vegetarian fare, like making bean chili instead of beef.

Resolution No. 5: Plan ahead. Plan a weekly menu and grocery list, and then get your shopping done in one trip. That way you won't be forced to make less healthy, last minute choices like fast food or carryout. Need a few easy, healthy recipes? Check online — hannaford.com is a recipe gold mine.

Dee Lonergan, MS, RD, CDN, is a Registered Dietitian in our Glenville, N.Y., store.

ASK THE PHARMACIST

Q: *Is it too late to get a flu shot?*

A: It's not too late! Flu season doesn't peak until January, February, or March. If you haven't had the shot yet this season, you should get vaccinated now! No appointment needed: just walk into your local Hannaford pharmacy.

– Moira O'Toole, pharmacy business and project manager for the Hannaford immunization program

SHOP SMART

Take advantage of Hannaford's free in-store nutrition demos, taught by Registered Dietitians on a variety of healthy living topics.

JANUARY DEMOS

Week of 1/5: Fill Your Plate for Weight Loss: Eat Less with More Food
Week of 1/12: Snack to Help You Stay on Track for Weight Loss
Week of 1/19: Eating Healthy on a Budget
Week of 1/26: Think Your Drink

FEBRUARY DEMOS:

Week of 2/2: Cholesterol Friendly Foods
Week of 2/9: Love Your Heart with Healthy Sweets
Week of 2/16: Cans Get You Cooking
Week of 2/23: Butter vs. Margarine: Learn about Healthy Buttery Spreads

NOTE: Classes and demos vary by location. Go to hannaford.com/dietitian for Healthy Living classes nearest you.

FACING PAGE MAIN IMAGE: STOCKFOLIO; PHOTOGRAPHER: MARK FEBB; FOOD STYLING: LESLIE BRUNNING; PROP STYLING: FRANCINE MATALON; ICONS: VIEW CHOICE; THIS PAGE MAIN IMAGE: MASTERFILE

TEST DRIVE

hot cocoa – our reader panel reports

by Erin Graham

Remember those winters when you were a kid, coming inside on a snowy day and snuggling up with a steaming mug of hot cocoa? Well that snuggle is even better as a grown up because you can choose from a range of delectable cocoa mixes that will warm the outer chill and the inner child. Try cozying up with these reader picks.

> "The Hannaford® Milk Chocolate Hot Cocoa tastes milky and sweet. Two thumbs up."
> – KELLY CHIRAS

Ghirardelli Double Chocolate Hot Cocoa

Starbucks Double Chocolate Hot Cocoa

Hannaford® Milk Chocolate Hot Cocoa

Nestlé Rich Milk Chocolate Hot Cocoa

weather proof

The combination of cold temperatures and moisture zapping heaters inevitably leads to parched, depleted skin. Beat dryness with these nourishing skincare products available in Health & Beauty.

- Neutrogena Hand Cream
- Aveeno Soothing Bath Treatment
- Healthy Accents® Light Body Oil
- Dove Men + Care Post Shave Balm
- Healthy Accents® Advanced Recovery Lotion

OUR CUCKOO-FOR-COCOA PANELISTS*

ANAMIKA MUKHERJEE
East Greenbush, N.Y.
The Ghirardelli Double Chocolate Hot Cocoa was my favorite because it's rich and creamy. It mixes quickly, smells great, tastes divine, and is so very satisfying!

KELLY CHIRAS
Goffstown, N.H.
My choice was the Hannaford® Milk Chocolate Hot Cocoa. I really like that all I need is hot water and it still tastes milky and sweet. Two thumbs up from both kids as well!

CHARLOTTE CROMWELL
Yarmouth, Maine
The Starbucks Double Chocolate Hot Cocoa is great for adults – not too sweet. It's sophisticated and coffeelike and tastes just like a barista made it for me.

NANCY FLIESLER
Framingham, Mass.
The Nestlé Rich Milk Chocolate Hot Cocoa really tastes like chocolate – almost like a piece of fudge. Fantastic!

Find out about the benefits of our Healthy Saver Plus® program at hannaford.com.

THIS PAGE: JOEL BENJAMIN (PRODUCTS). FACING PAGE: PHOTO/MARNIER KEATH; KELLER FOOD STYLING: MARY JANE SAWYER

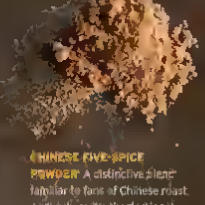
the spice is right

say bye-bye to bland with these five winter-friendly spices

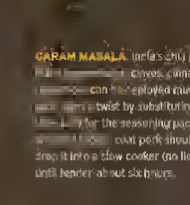
By Jolyon Heiterman

With the holidays over, it's the season for keeping warm inside — not to mention getting back on trimmer. But hunkering down at home doesn't have to mean falling into a mealtime rut. Let the spice cabinet be your guide on a culinary detour from your usual winter repertoire.

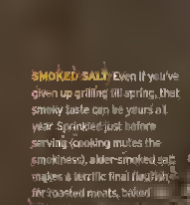
SMOKED PAPRIKA: When you want the smoky flavor to infuse the entire dish, swap out standard paprika for this subtly smoked variety in your favorite recipes. Try a teaspoon in creamy mac 'n' cheese. Leftover chicken? Shred it and toss it with low-fat sour cream or reduced-fat mayo, a tablespoon of smoked paprika, and a sprinkle of Parmesan; bake until bubbly. Voilà, weeknight chicken paprikosh — which is Hungarian for "yum."



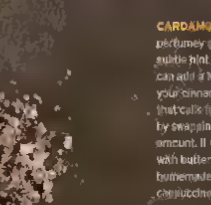
CHINESE FIVE-SPICE POWDER: A distinctive blend familiar to fans of Chinese roast pork (where it's the dominant flavor), the five refers to licorice-like star anise and fennel, cinnamon-like cassia, floral Sichuan peppercorns, and fragrant cloves. You know how roasted chicken tastes like ... chicken? Roasted chicken with Chinese five-spice powder rubbed under and outside the skin tastes like an Asian gastronomic feast.



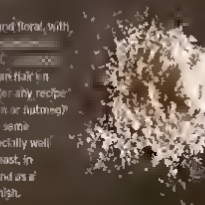
GARAM MASALA: Indian chili powder, this blend [illegible] cloves, cinnamon, cumin, and [illegible] can be employed much the same way. Give [illegible] twist by substituting garam masala plus a [illegible] for the seasoning packet. Or the world's [illegible] can pick shoulder with garam masala, drop it into a slow cooker (no liquid) and simmer on low until tender, about six hours.



SMOKED SALT: Even if you've given up grilling till spring, that smoky taste can be yours all year. Sprinkled just before serving (cooking mutes the smokiness), alder-smoked salt makes a terrific final flavor for roasted meats, baked [illegible] fried chicken, [illegible] mashed [illegible] simple sliced [illegible]



CARDAMOM: Warm and floral, with perfumey grapefruit [illegible] subtle hint of menthol, [illegible] can add a North African flair to your cinnamon toast (or any recipe that calls for cinnamon or nutmeg) by swapping it for the same amount. It works especially well with buttery French toast, in homemade cookies, and as a cappuccino-foam garnish.



nature's sweetener

IT WOULD BE HARD TO FIND a food that's more natural than honey. Those busy bees produce honey from flowers — there are no intervening steps, no additives, and nothing artificial in the delicious result. And the amazing bees may visit more than 2 million blossoms to collect enough nectar, the raw material for every kind of honey, to make just one pound! Because honey is a natural product, the color and flavor will vary depending on the kinds of flowers the bees visit to gather the nectar. Typically, lighter honeys will have a milder flavor, and darker honeys will be more robust.

Hannaford® Pure Orange Blossom Honey
The bees that produce Hannaford® Pure Orange Blossom Honey come from hives located in orange groves, and the nectar from orange blossoms produces a floral flavor profile. This light, golden honey is wonderful in dressings, for fruit salads, and as an ingredient in glazes for meats and seafood. Our citrusy honey pairs beautifully with a range of other flavors — try it with chocolate, cinnamon, vanilla, and even fennel and mint. A drizzle of aromatic Orange Blossom Honey instantly elevates a simple dessert like custard or vanilla ice cream and it makes breakfast special when spread on toast or muffins. Stirred into a cup of hot tea, it's one of life's simple pleasures.

WHAT'S NEW AT HANNAFORD

Hannaford® Sweetened Dried Cranberries
Enjoy versatile dried cranberries as a snack, and add to dishes like salads, veggies, and baked goods for color and sweetness with just a hint of tang.

Hannaford® Cookies
When it's time for a treat, try tempting Hannaford® cookies in two rich, delicious varieties: Fudge Marshmallow Whirls and White-Striped Chocolate Shortbread.

Taste of Inspirations® 100 Calorie Honfat Greek Yogurt
Our low calorie thick, creamy Greek yogurts are a great way to satisfy your sweet tooth. Available in Peach, Strawberry, Black Cherry, and Vanilla (and more flavors to come).

Not all products are available in all stores.

THIS PAGE: VIA IMAGE. STRAWBERRIES, YOGURT: JAMES BENJAMIN. FAR RIGHT PAGE, PHOTOGRAPHER: SCOTT INGRAHAM. FOOD STYLING: LORIE BELLAR BURRANCE.

step up to the bar

tacos make crowd-pleasing party fare for game day – or any day

by Meghan Rowley Little

What do you serve a group of hungry fans? Just ask Faith Clark of Concord, N.H. She met the challenge of feeding two dozen people — including adults, teenagers, and folks with gluten and lactose sensitivities — with a taco party that covered the dietary needs and satisfied the taste buds of the whole crowd.

For help in choosing healthy and affordable ingredients for her taco spread, Clark, 86, turned to Hannaford Registered Dietitian Katy Magoon, RD, LD, who describes Clark's banquet plan as a dietitian's dream. "It provides a balanced meal with all food groups represented and an opportunity to accommodate a variety of palates," she says.

With food allergies and sensitivities to consider, Clark opted for a buffet-style taco bar. "Individuals were able to select what went into their taco shell whether they had a gluten sensitivity or were vegan, vegetarian, or lactose intolerant," Magoon says. Clark offered various proteins, including ground beef, shredded chicken, and black beans. Vegans and vegetarians were able to forgo the chicken and beef and load up on the fiber- and protein-rich beans.

The taco shells Clark served were 100 percent corn, so anyone avoiding gluten could safely eat them. A soft shell alternative would be 100 percent corn soft tortillas or even romaine lettuce leaves to be used as wraps. Diners with lactose intolerance could opt out of dairy-based products or, depending on their sensitivity, could choose to add items containing the lowest level of lactose to their tacos. Conscious of the number of food considerations among the group, Clark placed packaging at the table for easy reference.

With careful planning and a table of choices, Clark's party was a big hit with her friends and family.

take comfort

have your pie and cut calories too

by Marsha Salamoff Green

Hot chicken pot pie is the ultimate comfort food for the winter doldrums. It's an easy hearty meal, with a rich filling loaded with chicken and veggies in a creamy sauce, topped with a buttery crust.

Unfortunately, a typical serving of chicken pot pie has 670 calories, 42 grams of fat, and 990 mg. of sodium.

Our lightened version replaces cream with reduced-fat milk and low sodium chicken stock. Additional fat and calories are further eliminated by using phyllo dough for a top crust on the pie.

At about 340 calories a serving, 11 grams of fat, and 260 mg. of sodium, our renovated version captures all the creaminess, texture and flavor of a traditional chicken pie.

LIGHTER CHICKEN POT PIE

SERVES 4 ACTIVE TIME: 1 HOUR 10 MINUTES
TOTAL TIME: 1 HOUR 35 MINUTES

- 2 tsp. vegetable oil, divided
- 12 oz. boneless, skinless chicken breasts, cut into bite-size chunks
- 1 clove garlic, crushed
- 3/4 cup sliced carrots (1/4 inch thick)
- 3/4 cup sliced parsnips (1/4 inch thick)
- 1/2 cup sliced celery (1/4 inch thick)
- 3/4 cup frozen peas
- 1 cup frozen pearl onions
- 2 Tbsp. finely chopped parsley
- 1/2 cup reduced-fat 2% milk
- 2 1/2 Tbsp. all purpose flour
- 1 cup low-sodium chicken broth
- 1/2 tsp. onion powder
- 1/4 tsp. ground nutmeg
- 1/4 tsp. freshly ground black pepper
- 1/2 tsp. mustard powder
- 5 sheets frozen phyllo dough, defrosted
- 1 Tbsp. olive oil

1. Preheat oven to 375°F. Have ready a 9- or 10-inch deep-dish pie pan. In a large nonstick skillet, heat 1 tsp. of the vegetable oil over medium-high heat. Add chicken and garlic and sauté until chicken is lightly browned, about 10 minutes. Transfer to a plate and set aside.
2. Heat remaining 1 tsp. vegetable oil in the same skillet over medium-high heat. Add carrots, parsnips, and celery and cook over medium heat until vegetables begin to soften, about 8 to 12 minutes. Add peas, onions, and parsley. Stir in reserved chicken and reduce heat to low.
3. In a medium bowl, whisk together milk and flour until smooth, then stir in broth, onion powder, nutmeg, pepper, and mustard powder. Stir this liquid into chicken mixture. Bring to a simmer over medium heat, then reduce to low to maintain a simmer until vegetables are slightly tender and filling is thick and bubbly, about 9 to 11 minutes. Pour filling into pie pan. Set aside.
4. On a large flat surface, remove one phyllo sheet. With a pastry brush, dot sheet lightly with olive oil. Top with another sheet of phyllo and repeat process with remaining sheets.
5. Place phyllo crust on top of chicken pie filling and roll edge to fit. Brush top with remaining olive oil. Bake until golden brown and bubbly around edge, about 25 minutes. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 340 CALORIES, 31G CARBOHYDRATES, 28G PROTEIN, 11G FAT (2G SATURATED), 60MG CHOLESTEROL, 260MG SODIUM, 4G FIBER.

PHOTOGRAPHY: KELLER + KELLER. FOOD STYLING: MARY JANE SAWYER. PROP STYLING: LAURA WILES

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It's our latest spring release—
Blue Moon® Valencia Grove Amber.
We craft it with orange peel and roasted
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Blue Moon® Belgian White Belgian Style Wheat Ale: Crafted with Valencia orange peel and wheat for a subtle sweetness and a smooth, creamy finish.

Valencia Grove Amber: Crafted with roasted malts and Valencia orange peel.

Our Spring Limited Release: Blackberry Tart Ale Crafted with blackberries grown in Oregon for the perfect balance of sweetness and tartness, and five kinds of malts for a nutty, bready flavor.

Rouader™ Belgian Style Pale Ale: Crafted with hibiscus and orange peel for a hint of spiciness and touch of wheat for a smoother, rounder taste.

Short Straw™ Farmhouse Red Ale: Blends the spiciness of a Farmhouse Ale with the tartness of a Flanders Red for a remarkably refreshing finish.

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BELGIAN WHITE BELGIAN-STYLE WHEAT ALE

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Hannaford

fresh

WINTER'S BOUNTY

Quick meals thanks to a seasonal salad bar

p. 2[illegible]

11 / Feb / 20

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$2.00 OR FREE WITH PURCHASE OF $25 OR MORE

brussels sprouts

THEY MAY LOOK LIKE TINY CABBAGES, but there's nothing miniature about the nutrient content of Brussels sprouts. They provide vitamin C and nearly an entire day's worth of vitamin K, a boon to your bones. (Other nutrients like lutein and carotenoids, which protect eye health, are also part of the package.) Try them in our Power Health Salad (page 42). You can also enjoy them raw, thinly sliced, and tossed with olive oil and lemon juice.

ask the healthy cook
the skinny on portion control

Q&A with Diana Carty, RD, LDN

After the holidays, many people want to slim down. And there's certainly no shortage of diets that claim to help them do it. But is there a better way? Worth a try is portion control — a free, relatively easy-to-follow strategy that allows you to eat healthfully without counting calories. Here's what you need to know.

How do the sizes of the portions I eat affect my health and weight?
If you want to lose weight and maintain a healthy lifestyle, it's important to eat not only the right kinds of foods, but also the right quantities. Portion sizes that are consistently too large will lead to weight gain because you're consuming calories you don't need and aren't burning.

How is portion control different from regular dieting?
Unlike a diet that you stick to only for a limited time, portion control can be part of a healthy — and permanent — lifestyle change.

How do I know what the right portion size is?
The USDA's MyPlate is a great place to start. It suggests that at each meal your plate should be 50 percent fruits and vegetables, 25 percent lean proteins, and 25 percent whole grains, with a serving of dairy on the side. Everyone has different daily caloric needs, but a good goal for the average 2,000-calorie-a-day diet is to aim for 2 cups of fruit, 2.5 cups of vegetables, 3 cups of low-fat dairy, 5.5 ounces of protein, and 6 ounces of grains per day (at least half of which should be whole grains).

Can I practice portion control without weighing and measuring everything?
There are a few easy ways to "eyeball" your portion sizes: a cup is roughly the size of a baseball, and an ounce is about the size of a golf ball. One teaspoon is the size of the tip of your thumb, and 1 tablespoon is the size of 3 thumb tips. Three ounces of meat or poultry is roughly the size of a deck of cards, and 3 ounces of fish is the size of a checkbook.

Are there any foods that I can eat without worrying about portion size?
Fruits and vegetables can be eaten in larger quantities without wreaking havoc on your waistline.

Diana Carty, RD, LDN, is a Registered Dietitian in our Norwell, Easton, and Waltham, Mass., stores.

There are a few easy ways to "eyeball" your portion sizes: a cup is roughly the size of a baseball, and an ounce is about the size of a golf ball.

serving sizes

One serving of veggies is equal to:
1 cup or the size of your fist or a baseball.

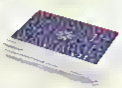
One serving of fruit is equal to:
1 apple or 1 orange or the size of a computer mouse.

One serving of cheese is equal to:
1 ounce or the size of one die.

One serving of butter is equal to:
1 tablespoon or the size of one poker chip.

One serving of ice cream or frozen yogurt is equal to:
½ a cup or the size of a lightbulb.

One serving of meat or poultry is equal to:
3 ounces or the size of a deck of cards.



STACKY GUO (BRUSSELS SPROUTS)

SOUR CREAM GOES GREEK

ALL THE SOUR CREAM FLAVOR,
NOW WITH HALF THE FAT

NEW!

Breakstone's Bacon Horseradish Dip

Visit **Facebook.com/Breakstones** for more sour cream recipe information.

Indulge your favorite people with our chocolate treats

from the HEART

BY LAURIE WOLF • PHOTOGRAPHS BY MARK FERRI

VALENTINE'S DAY is the occasion we celebrate love and romance with flowers, cards – and chocolate. Lots and lots of chocolate. In fact, Americans spend more than $1 billion on this treat on Valentine's Day alone

Fascination with chocolate is nothing new. Some 500 years ago Montezuma, the Aztec ruler, believed that chocolate produced feelings of attraction. The popularity of chocolate — and its association with love and romance — blossomed during that time. Enthusiasm for chocolate drinks spread quickly in Europe, and there is some evidence that the notorious ladies' man Casanova was an enthusiastic fan.

As it turns out, Montezuma and Casanova were onto something. Scientists today have linked the chemical phenylethylamine found in chocolate to feelings of attraction and even pleasure.

In the past few years there has been much talk of the health benefits of dark chocolate. Like tea, dark chocolate contains compounds called flavanols that help lower blood pressure and reduce "bad" cholesterol by up to 10 percent.

Dark chocolate also stimulates the production of endorphins, chemicals in the brain that bring on feelings of contentment.

Unsweetened chocolate contains primarily cocoa solids and cocoa butter in varying proportions, and no added sugar on its own. It's decidedly bitter. Much of the chocolate consumed today is in the form of sweet chocolate, combining cocoa solids, cocoa butter and sugar, turning it into the delicious treat we love.

Our recipes here use dark chocolate to create treats for that special someone — or for the many special people in your life. Enjoy these indulgences knowing that chocolate in moderation is much more than a "guilty pleasure."

MOLTEN MOCHA LAVA CAKES

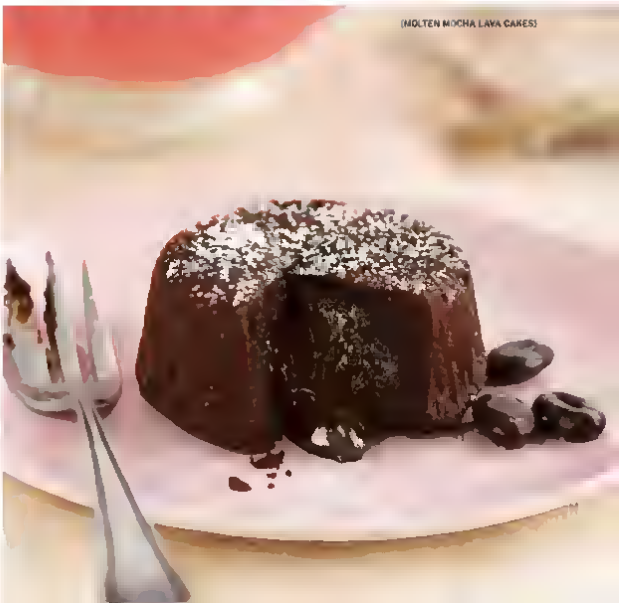
SERVES 12
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 25 MINUTES

A molten coffee-infused chocolate center spills out of these dark, moist individual cakes. Impressive, yet simple to make and very, very good. If chilled, the center acquires the texture of a chocolate truffle.

- 3 eggs
- 3 egg yolks
- 8 oz. bittersweet chocolate, chopped (about 1½ cups chopped)
- 10 Tbsp. unsalted butter
- ½ cup all-purpose flour
- 1½ cups confectioners' sugar, plus additional for optional garnish
- 2 tsp. instant espresso powder (such as Medaglia D'oro)
- 1 tsp. coffee extract (found in the baking aisle)
- whipped cream for garnish (optional)
- chocolate espresso beans for garnish (optional)

1. Preheat oven to 425°F. Spray a 12-cup muffin pan with vegetable cooking spray.
2. In a medium bowl, whisk together eggs and egg yolks. Set aside.
3. In a large saucepan, melt chocolate and butter together over very low heat, stirring frequently. Remove from heat when melted and stir until smooth.
4. Add flour and confectioners' sugar to chocolate mixture and blend with a wooden spoon. Add reserved egg mixture and stir until smooth. Add espresso powder and coffee extract and blend. Batter will be thick.
5. Divide batter among prepared muffin cups. Bake until edges are set, but center is still soft, about 8 minutes. Do not overcook – this is what gives these cakes the molten center. Run a knife around the edges of each muffin cup and use a teaspoon to lift out and place on dessert plates. Serve immediately. If desired, garnish with confectioners' sugar or whipped cream and chocolate espresso beans.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 290 CALORIES, 29G CARBOHYDRATES, 4G PROTEIN, 20G FAT (11G SATURATED), 115MG CHOLESTEROL, 20MG SODIUM, 1G FIBER


(MOLTEN MOCHA LAVA CAKES)

With Sugar On

Make this splurge even more indulgent with wines that bring out the best in chocolate. **Salvatore Rosso Spumante** – sweet, bubbly and deep pink, with cherry and berry aromas – makes the perfect match for our Chocolate Strawberry Fantasy Cake. Another sweet, fresh, fruity sparkler **Martini & Rossi Asti Spumanti** is a great partner for Orange Scented Chocolate Chess Pie. Port and chocolate are a classic pairing; enjoy **Fonseca Bin 27 Port** with its intense, rich, black fruit flavors, with Molten Mocha Lava Cakes. On a lighter note, serve heart shaped Chocolate Sweethearts with fruity pink sparkler **Rosenblum Cellars Rose'n' Blum Pink Moscato** for a fresh take on hearts and flowers.

ORANGE-SCENTED CHOCOLATE CHESS PIE

ORANGE SCENTED CHOCOLATE CHESS PIE

SERVES 8
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 1 HOUR 5 MINUTES

Chess pies are extra-rich custardy pies. Fresh orange zest in the crust adds sunny notes. The texture, smooth and velvety, will be hard to resist. Cut small slices; it's rich and a little goes a long way. May be frozen.

Crust

30 chocolate wafers (such as Nabisco Famous)
1/4 cup (1/2 stick) unsalted butter, melted
3 Tbsp. sugar
1 tsp. grated orange zest

Filling

1/2 cup (1 stick) unsalted butter
1 oz. unsweetened chocolate
1 cup sugar
2 eggs, lightly beaten
1 tsp. vanilla extract
1/4 tsp. salt
whipped cream for garnish (optional)
orange zest curls for garnish (optional)
orange slices for garnish (optional)

1 Preheat oven to 325°F. Spray a 9-inch pie pan with vegetable cooking spray.
2. Prepare crust. Crush cookies into fine crumbs in a food processor. Add butter, sugar and orange zest and pulse until well combined. (Alternately, place cookies in a plastic bag and crush using a rolling pin.) Press into prepared pan on the bottom and up the sides. Bake for 5 minutes, then cool on a wire rack.
3 Prepare filling: In a medium saucepan melt butter and chocolate over low heat, stirring frequently until smooth. Remove from heat and stir in sugar, mixing well. Whisk in eggs, vanilla and salt. Pour filling into crust and bake until top is puffed and center is just set, about 40 to 45 minutes. Cover edges of crust with foil about halfway through cooking time to keep from burning.
4 Cool pie on a wire rack for at least 30 minutes. Serve warm or at room temperature. If desired, top with a dollop of whipped cream and curls of orange zest or an orange slice.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 370 CALORIES, 39G CARBOHYDRATES, 4G PROTEIN, 23G FAT (13G SATURATED), 90MG CHOLESTEROL, 250MG SODIUM, 1G FIBER

CHOCOLATE STRAWBERRY FANTASY CAKE

SERVES 12

ACTIVE TIME 40 MINUTES

TOTAL TIME 2 HOURS 20 MINUTES

(INCLUDES SETTING TIME FOR CHOCOLATE)

Chocolate and strawberries are a perfect match, and this cake celebrates that union in two ways: with strawberry-infused cream cheese frosting and chocolate-dipped strawberries on each piece. Cake may be frozen.

Strawberries

- 3/4 cup semisweet or bittersweet chocolate chips
- 12 strawberries, washed and patted dry, stems left on

Cake

- 3/4 cup unsweetened cocoa powder, plus additional for dusting pan
- 1 1/4 cups sugar
- 1 1/4 cups all-purpose flour
- 1 1/2 tsp. baking powder
- 1 1/2 tsp. baking soda
- 1/4 tsp. salt
- 2 eggs, lightly beaten
- 1 cup milk
- 1/2 cup canola oil
- 2 tsp. vanilla extract
- 3/4 cup boiling water

Frosting

- 1/2 cup (1 stick) unsalted butter, softened
- 4 oz. Neufchâtel cream cheese, softened
- 1/4 cup strawberry preserves
- 1 tsp. vanilla extract
- 2 cups confectioners' sugar, sifted

1. Prepare the strawberries: Line a baking sheet with parchment paper. In microwave-safe bowl, in 30-second intervals, stirring after each. When fully melted, stir until smooth. Holding each strawberry by the stem, dip part way into the melted chocolate, then place on the parchment to set. (Warm chocolate again if it begins to solidify.) Let set completely at room temperature, about 2 hours.

2. Prepare the cake: Preheat oven to 350°F. Spray a 9-by-13-inch baking pan with vegetable cooking spray, then lightly dust with cocoa.

3. In a mixing bowl, whisk together the 3/4 cup cocoa, sugar, flour, baking powder, baking soda, and salt.

4. Add eggs, milk, oil, and vanilla. Using an electric mixer on medium speed, beat for 2 minutes. Add boiling water slowly and stir with a wooden spoon or a spatula until smooth. Batter will be thin. Pour batter into prepared pan.

5. Bake until slightly firm to the touch and a wooden toothpick inserted in the center comes out clean, about 35 to 40 minutes. Let cake cool completely to room temperature.

6. When cake is completely cool, prepare the frosting: In a large bowl, use an electric mixer on medium-high speed to beat together butter and cream cheese until smooth. On medium speed, beat in strawberry preserves and vanilla. With the mixer on low speed, mix in confectioners' sugar, 1 cup at a time until smooth and creamy.

7. Spread frosting on cooled cake. Place reserved chocolate-dipped strawberries on top of cake, evenly spaced. Serve at room temperature or chilled, cut into squares.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 510 CALORIES, 73G CARBOHYDRATES, 6G PROTEIN, 25G FAT (10G SATURATED), 60MG CHOLESTEROL, 330MG SODIUM, 3G FIBER


(CHOCOLATE STRAWBERRY FANTASY CAKE)

[illegible] and Health

Strawberries have impressive nutrients. They're a great source of vitamin C: 1 cup (about eight medium-size strawberries) yields 140 percent of the daily value of vitamin C. Strawberries are high in fiber and are an excellent source of folate (a B vitamin), which reduces the likelihood of birth defects.

CHOCOLATE SWEETHEARTS

MAKES ABOUT 32 2½-INCH COOKIES (16 SERVINGS)
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 2 HOURS, 30 MINUTES (INCLUDES COOLING TIME)

Cocoa in the dough plus a drizzle of semisweet on top of these heart-shaped cookies gives a double dose of chocolate sure to win the heart of that special someone. May be frozen.

- 1½ cups all-purpose flour
- ⅓ cup unsweetened cocoa powder
- ½ tsp. ground cinnamon
- ⅛ tsp. salt
- ¾ cup (1½ sticks) unsalted butter, cubed
- 1 cup confectioners' sugar
- ½ tsp. vanilla extract
- ½ cup semisweet or bittersweet chocolate chips

1. Preheat oven to 300°F. Line 2 baking sheets with parchment paper.
2. In a medium bowl, whisk together the flour, cocoa, cinnamon and salt.
3. In a large bowl, use an electric mixer on low to cream butter until softened. With a spoon or spatula, begin to stir in confectioners' sugar, then cream on low until light and fluffy, about 3 minutes. Add vanilla and heat to incorporate. Gradually mix in the dry ingredients on low until well blended; dough will be dry. Form dough into a ball. Flatten into a disk, wrap in plastic and chill for 30 minutes.
4. Roll out dough to ¼ inch thickness. Cut into heart shapes using a 2- to 3-inch cookie cutter. Ball together excess dough and roll out again until all dough is used. Place cookies ½ inch apart on prepared baking sheets.
5. Bake until surface of the cookies appears dry, 10 to 12 minutes. Place baking sheets on wire racks and allow cookies to cool completely.
6. When cookies are cool, melt chocolate over a double boiler or in the microwave, stirring until smooth. Transfer chocolate to a zip-close plastic bag and snip one corner. Drizzle chocolate on each cookie in a zigzag pattern. Let chocolate set, about 1 hour. Store cookies in a flat container with wax paper between layers of cookies, or freeze.

APPROXIMATE NUTRITIONAL VALUES PER COOKIE: 90 CALORIES, 18G CARBOHYDRATES, 1G PROTEIN, 6G FAT (3.5G SATURATED), 10MG CHOLESTEROL, 30MG SODIUM, 1G FIBER.

Laurie Wolf is a food writer, cookbook author and chocolate lover living in Portland, Ore.

(CHOCOLATE SWEETHEARTS)

MELTING POINT

Chocolate has a low melting point, which means it can burn if exposed to direct heat. Two good methods for melting chocolate successfully are a double boiler and a microwave. For both, chop the chocolate into roughly even pieces to ensure [illegible] for melting. Chocolate chips are good for this too.

Microwave: Hannaford has microwavable chocolate that can be heated on medium for 30-second intervals in a microwave-safe bowl. Stir after each interval until smooth and melted.

Double boiler: Place about 1 inch of water in the bottom pan, making sure it doesn't directly touch the top pan. Heat over low heat so the water is simmering, but *not* boiling. Place the chocolate in the top pan and stir frequently. When it's about three-quarters melted, remove from heat and continue stirring until smooth and completely melted.

Icy roads, cancelled classes – time to hunker down and cook with what's on hand

snow day solutions

BY BEVERLY BALLARD • PHOTOGRAPHS BY KELLER + KELLER

A NOR EASTER in the forecast used to mean a leisurely cup of indulgent cocoa and a fresh batch of cinnamon rolls. But that was in the BC ("Before Children") era when snowbound harmony didn't depend on appeasing impatient sometimes picky, young appetites. While a snow day declaration may bring joy to young hearts, it can be a challenge for parents.

(MEXICAN SPAGHETTI)

fresh magazine

celebrates 10 delicious years

Help us celebrate the 10th anniversary of *fresh* magazine and you'll be entered for a chance to win a $500, $250, or $50 Hannaford Gift Card!

We're asking readers to tell us their favorite recipes from ***fresh*** — the most popular recipes will be included in a special ***Best of Fresh*** cookbook edition, to be published in October 2014.

We hope you'll nominate your favorite recipe(s) — from any issue of ***fresh*** — for a spot in the ***Best of Fresh*** cookbook. To participate just send us the name of the recipe(s) by May 1, 2014. You may nominate one recipe or as many as you want, and everyone who participates will be entered in a drawing to win a Gift Card.*

Send your favorite recipe nominations to freshmagazine@hannaford.com, and be sure to include your name, address, and phone number.

*One entry per person. Recipe nominations must be received by May 1, 2014. Three prizewinners will be selected in a random drawing. First prize is a $500 Hannaford Gift Card, second prize is a $250 Hannaford Gift Card, third prize is a $50 Hannaford Gift Card. Winners will be notified by June 30, 2014.

Fortunately you can put hearty kid-friendly fare on the table using ingredients you probably already have in your freezer and pantry Frozen or dried fruit and nuts can star in oatmeal pancakes muffins or quick breads for breakfast Canned legumes make it easy to whip up simple soups or chili for lunch while frozen or canned vegetables can be incorporated into omelets quiches nachos calzones or pizza And for dinner canned clams or deflosted shrimp, chicken or turkey can provide a main ingredient to stir-fry or the basis for a tasty pasta sauce

We offer four recipes both parents and kids will appreciate These dishes are easy to make with what's on the shelf and they're easily adjustable to different tastes

SNOW DAY FUN

Playing in the snow is one of the pleasures of winter for children (and many grown-ups!) Food coloring can enhance your little ones snow sculptures. When it's too cold to be outside try collecting some snow in large plastic bowls or dishpans and bring the snow indoors to keep the fun going

MEXICAN SPAGHETTI

SERVES 6
ACTIVE TIME 12 MINUTES
TOTAL TIME 20 MINUTES

Cheese and yogurt cool down the mildly spicy sauce and salsa May be frozen and recipe may be halved.

What kids can do: *measure ingredients, stir the sauce and place toppings in bowls*

- 1 lb spaghetti
- 1 lb lean ground beef (such as 85%)
- ½ tsp garlic powder
- ½ tsp ground cumin
- 1 tsp paprika
- ¼ tsp cayenne, or to taste
- 1 (15.5 oz.) can pinto beans rinsed and drained
- 2 cups mild red enchilada sauce
- ¾ cup shredded cheddar cheese
- 6 Tbsp. Taste of Inspirations® Corn & Chili Salsa
- 6 Tbsp. plain nonfat Greek yogurt
- chopped avocado (optional)

1 Bring a large pot of water to a boil over high heat Stir in a heaping teaspoonful of salt, then add spaghetti Cook until al dente, about 8 to 12 minutes then drain

2 While water comes to a boil and pasta is cooking, prepare meat sauce Heat a large nonstick skillet over medium-high heat Add ground beef and cook, stirring until evenly browned about 7 minutes Stir in garlic powder, cumin paprika and cayenne

3 Add beans and enchilada sauce to skillet and cook stirring often, until ingredients are well blended and sauce is bubbling. Lower heat to simmer

4 When spaghetti is ready divide it among 6 shallow bowls Ladle sauce on top of spaghetti. Serve with shredded cheddar, salsa and yogurt in small bowls on the side and avocado if desired

APPROXIMATE NUTRITIONAL VALUES PER SERVING. 560 CALORIES 70G CARBOHYDRATES 35G PROTEIN 16G FAT (7G SATURATED) 75MG CHOLESTEROL, 732MG SODIUM, 6G FIBER

TWO WAYS TO CHILL OUT

To safely defrost ground beef or chicken tenders transfer these items from the freezer to the refrigerator and allow them to thaw overnight After thawing in the refrigerator they should remain safe for another day or two before cooking A faster alternative is to place the frozen item inside a leak proof zip-close bag and submerge the bag in cold tap water Change the water every 30 minutes to ensure continuous thawing Small (1 lb.) packages of meat or poultry may thaw in an hour or less using this method.

FOOD STYLING MARY JANE SAWYER PROP STYLING BECI LAUBER & LEX. PRECIOUS SHIELD AND THIS PAGE MASTERFILE (CHALK BLACKBOARD)

BUILD YOUR OWN TUNA MELT QUESADILLAS

SERVES 4
ACTIVE TIME 15 MINUTES
TOTAL TIME 15 MINUTES

Barbecue sauce and pepper jack cheese lend a smoky spicy twist to a classic Offer various veggie toppings for added flavor and kids (and other diners) can tailor their own quesadillas to taste May be frozen and recipe may be halved

What kids can do *mix the mayo barbecue sauce and tuna. Assemble the quesadillas for cooking Add their choice of toppings sprinkle with cheese.*

- 3 Tbsp light mayonnaise
- 3 Tbsp barbecue sauce
- 3 (5 oz.) cans tuna packed in water, well-drained and flaked
- 4 (8 inch) whole wheat tortillas
- 1 cup shredded pepper jack cheese
- 2 tsp canola oil divided

Optional Add-ons
- diced bell peppers
- nonfat plain Greek yogurt
- chopped celery
- corn (frozen and thawed or canned)
- frozen peas thawed

1 In a medium bowl, mix together mayonnaise and barbecue sauce Add tuna and stir well to combine

2 Divide mixture among tortillas spreading mixture on one half of each tortilla (do not spread it all the way to the edge) If using any of the optional add-ons place them on top of the tuna Sprinkle with shredded cheese Fold empty half over each tortilla to make half-moon shapes

3 Preheat a large nonstick skillet over medium high heat Add 1 tsp of the canola oil to skillet When oil is hot add 2 quesadillas at a time to skillet Press down lightly with a spatula

4 When tortillas are lightly browned on the bottom use a spatula to turn them and cook until the other side is also lightly browned and slightly crisp and cheese is melted about 1 to 2 minutes per side Transfer to a plate Add remaining 1 tsp oil to pan and repeat with remaining 2 quesadillas

5 Place quesadillas on 4 plates Cut each into 4 wedges and serve immediately garnished with additional add-ons if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
370 CALORIES 26G CARBOHYDRATES 23G PROTEIN 19G FAT (7G SATURATED) 55MG CHOLESTEROL, 880MG SODIUM 3G FIBER

good and healthy

Thanks to its essential omega 3 fats tuna may help lower the risk of stroke and heart disease Tuna also contains nutrients that may boost the immune system and build strong bones To avoid excess mercury consume tuna in moderation no more than 12 oz of canned light tuna or no more than 6 oz of albacore tuna per week

(ANY VEGETABLE QUICHE)

ANY VEGETABLE QUICHE

SERVES 6
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 53 MINUTES

This is a great recipe for using any veggies that happen to be in your fridge or freezer. Cheddar, Swiss, smoked gouda, or any other semisoft cheese can replace the Fontina in this crustless quiche. May be frozen and recipe may be halved.

What kids can do: *measure ingredients, divide cheese and filling among the muffin cups*

- ¼ cup grated Pecorino Romano cheese
- ½ of a (12 oz.) pkg. (about 2 cups) frozen broccoli and cauliflower mix
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- ½ cup shredded Fontina cheese, divided
- 4 eggs, at room temperature
- ½ cup evaporated milk
- ⅛ tsp. ground nutmeg
- broccoli florets for garnish (optional)

1 Preheat oven to 375°F. Spray cups of a 12-cup muffin pan with vegetable cooking spray. Sprinkle bottom of each cup with a bit of grated Romano cheese, dividing it equally among all cups. Place muffin pan on a baking sheet.

2 Microwave frozen broccoli and cauliflower according to package directions until very tender, about 4 minutes. Transfer to a cutting board and cut vegetables into small pieces. Season with salt and pepper and stir in ¼ cup of the Fontina. Divide vegetable mixture evenly among the muffin cups.

3 Whisk together eggs, evaporated milk and nutmeg until well combined. Divide egg mixture evenly among muffin cups. Top each cup with a pinch of remaining ¼ cup shredded Fontina.

4 Bake until quiches are golden brown and set, about 30 to 33 minutes. Cool in pan 5 minutes, then run a knife around perimeter of each cup and lift the quiches out using a teaspoon. Garnish with broccoli florets if desired. Serve warm or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 140 CALORIES, 4G CARBOHYDRATES, 9G PROTEIN, 8G FAT (4.5G SATURATED), 140MG CHOLESTEROL, 300MG SODIUM, 1G FIBER

WINTER STAPLES

By keeping your pantry, fridge, and freezer stocked with a few staples, you'll always be able to put together tasty, nutritious meals. Use these items to create a variety of soups, stir-fries, pasta dishes, breakfast items, and desserts.

Pantry
- artichoke hearts
- chicken, beef, or vegetable broth
- evaporated milk
- flour
- jam
- jarred peppers
- legumes (lentils, beans, and chickpeas)
- nuts
- oatmeal
- oil (vegetable, olive)
- pasta
- peanut butter
- refried beans
- rice
- salsa
- soups
- tomato sauce
- tuna

Fridge
- apples
- eggs
- lemons and other citrus fruits
- plain nonfat Greek yogurt

Freezer
- blueberries
- broccoli
- butter
- chicken cutlets
- ground beef or turkey
- peas
- pie crust
- pizza dough
- ravioli
- sausages
- shrimp
- spinach

TERIYAKI CHICKEN WITH RICE AND BELL PEPPERS

SERVES 4
ACTIVE TIME 16 MINUTES
TOTAL TIME 25 MINUTES

The pineapple lends a sweet kid-friendly kick to this quick stir fry while sliced water chestnuts provide crunch Teriyaki adds a burst of flavor that appeals to diners of all ages but the grown ups may want to spice it up with a splash of sriracha or sprinkle of red pepper flakes May be frozen

3¼ cups water
1 cup brown basmati rice
1 lb boneless skinless chicken breasts
2 Tbsp canola oil divided
1 (14.4 oz to 16 oz) pkg frozen stir-fry pepper and onion mix
1 (8 oz.) can sliced water chestnuts drained
1 (8 oz.) can pineapple chunks in juice drained
½ cup gluten-free teriyaki marinade
¼ cup unsalted cashews, chopped

1 In a medium pot bring water to a boil over high heat Add rice stir then cover and reduce heat to medium-low to maintain a bare simmer Simmer until water is absorbed and rice is cooked through about 25 to 30 minutes

2 While rice cooks cut chicken into bite-size pieces Heat 1 Tbsp of the oil in a large skillet or wok over medium-high heat Cook chicken until no longer pink in the center and juices run clear about 7 minutes Transfer chicken to a bowl and set aside.

3 In the same skillet raise heat to high and add remaining 1 Tbsp oil Add frozen pepper mix and water chestnuts and stir fry until vegetables are heated through about 7 minutes Remove from heat until rice is ready

4 When rice is ready return chicken to skillet with vegetables Add pineapple and teriyaki marinade and cook over medium high heat stirring constantly until all ingredients are well combined and sauce is bubbling about 2 minutes

5 To serve divide rice among 4 plates then top with chicken pepper mixture Garnish with cashews and serve

APPROXIMATE NUTRITIONAL VALUES PER SERVING 520 CALORIES 70G CARBOHYDRATES 30G PROTEIN 15G FAT (2 5G SATURATED) 60MG CHOLESTEROL 350MG SODIUM 6G FIBER

Beverly Ballaro writes about food from her kitchen in Lynnfield Mass

Here's how to get more vegetables into your family's favorite dishes

stealth health

BY KIMBERLY MAYONE
PHOTOGRAPHS BY SCOTT DORRANCE

ALMOST ALL OF US have been there at one time or another, pleading with the kids to eat their vegetables. And some people – children and grown-ups alike – are reluctant to try any vegetable at all, let alone the recommended three to five servings per day.

To increase the likelihood that vegetables will be eaten and enjoyed, try incorporating them in a recipe. Once your family begins to accept and enjoy fruits and vegetables in recipes, they'll be more likely to try — and enjoy — them on their own.

Adding more vegetables to your grocery cart can be a nutritional bargain. Onions, carrots, and celery are economical year round, and they have reasonably long shelf lives when properly stored. Canned beans are always a good buy and can be prepared in countless ways as a main dish or incorporated into other recipes, like the Roasted Garlic Dip served alongside Baked Sweet Potato Chips.

Look for fresh vegetables on sale, which often means eating what's in season. During these cold months, look for Brussels sprouts and winter squash. As the snow melts, spring greens and asparagus will be good values. Also keep in mind the convenience and cost-effectiveness of frozen vegetables — they're already prepped, with a nutrient content comparable to fresh because they're harvested and frozen at peak season. (See "Subzero Heroes," page 44.)

Start your year off right and amp up those vegetables! A more healthful produce-filled diet is only a plate away.

ROASTED GARLIC DIP WITH BAKED SWEET POTATO CHIPS

SERVES 4

ACTIVE TIME: 48 MINUTES

TOTAL TIME: 48 MINUTES

This is the kind of vegetable side dish that could become addictive. Thin crisps of sweet potato are served with a garlicky dip made with white beans, Greek yogurt, and a bit of sautéed cauliflower. Supplement the chips with sliced cucumber, celery and bell peppers. Recipe may be halved.

Chips

- 2 sweet potatoes (about 1 lb.), unpeeled and well washed
- olive oil cooking spray
- ½ tsp. smoked paprika

Dip

- 1 Tbsp. olive oil
- 1½ cups small cauliflower florets
- ½ cup thinly sliced shallots
- 2 tsp. minced garlic
- ¼ tsp. kosher salt, or to taste
- pinch of cayenne pepper
- ⅓ cup water
- 1 Tbsp. fresh lemon juice
- 1 (15 oz.) can great northern beans, rinsed and drained
- ½ cup plain nonfat Greek yogurt
- 3 Tbsp. Taste of Inspirations® Roasted Garlic Marinade

1 Preheat oven to 350°F. Line two baking sheets with parchment paper.

2 Cut sweet potatoes into ⅛ inch thick slices. They cook best if slices are the same thickness, a mandolin makes this easier. Place slices on baking sheets in a single layer (It's OK if edges are touching) and very lightly spray tops of slices with cooking spray. Sprinkle paprika over slices. Bake both sheets at a time. Bake for 20 minutes and turn slices over. Turn sheets around and switch positions on oven racks, moving each to the other rack. Bake until sides are crispy and center is cooked through, about 20 more minutes, keeping a watchful eye for the last few minutes to prevent burning.

3 While potatoes bake prepare dip. Heat oil in a skillet over medium heat. Add cauliflower, shallots, garlic, salt, and cayenne. Cook until fragrant, about 3 minutes. Add water and lemon juice and stir to combine. Cover and cook until cauliflower is very tender and water has evaporated, about 6 minutes.

4 Add beans and cauliflower mixture to a food processor and process until smooth. Alternately combine them in a deep bowl and use an immersion blender to purée.

5 Add yogurt and marinade. Process until smooth and transfer to a bowl. The dip can be made up to 3 days in advance and refrigerated until needed. To serve, place dip in a bowl on a serving plate and surround with sweet potato chips.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 250 CALORIES, 43G CARBOHYDRATES, 10G PROTEIN, 6G FAT (.5G SATURATED), 0MG CHOLESTEROL, 528MG SODIUM, 6G FIBER.

MORE HIDDEN VEGGIE TIPS

- Add steamed, puréed cauliflower to mashed potatoes.
- Mix baby spinach into iceberg or romaine lettuce salads.
- Add rinsed and drained canned beans to soups and salads.
- Add grated carrots to meatloaf and meatball mixes.
- Mix roasted spaghetti squash into regular cooked spaghetti before topping with sauce.
- Add edamame or thinly sliced snow peas to stir fries and Asian noodle salads.

FOOD STYLING: LORIE MALAN; INGREDIENT STYLING: CHASTEN (MASHED POTATOES)

(GREEN GOODNESS SMOOTHIE)

GREEN GOODNESS SMOOTHIE

SERVES 2
ACTIVE TIME 12 MINUTES
TOTAL TIME 12 MINUTES

This smoothie is a fantastic way to start the day. It is important to blend in the greens before adding the frozen fruits, especially if using a standard blender. For a thicker, frosted smoothie, freeze the grapes before using (and add with the frozen mango).

- 1½ cups chilled pineapple juice
- 1 cup chilled green seedless grapes
- 1½ cups chopped kale or baby spinach
- 1½ cups frozen chopped mango
- 2 kiwis, peeled and quartered

Optional Add-ins

- 1 tsp. ground flax meal
- 1 tsp. wheat germ
- 1 Tbsp. almond butter
- 1 Tbsp. protein powder
- ¼ cup silken tofu
- ¼ cup plain nonfat Greek yogurt

1 Add pineapple juice, grapes, and greens to a blender and blend on low and then high until smooth.
2 Add mango and kiwis. Blend until smooth. Add optional add-ins at this time and blend. Divide between 2 tall glasses and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
310 CALORIES, 77G CARBOHYDRATES, 4G PROTEIN, 1G FAT (0G SATURATED), 0MG CHOLESTEROL, 30MG SODIUM, 7G FIBER

MOROCCAN CHICKEN WITH GOLDEN COUSCOUS

SERVES 6

ACTIVE TIME 36 MINUTES

TOTAL TIME 36 MINUTES

Tender subtly spiced chicken is stirred into a savory golden couscous enriched with carrot juice for extra vitamin A. A rich, tasty simple to prepare one pot dish. May be frozen.

- 2 Tbsp olive oil divided
- 1½ lbs Taste of Inspirations® Boneless Chicken Tenders cut into thirds
- 1 Tbsp curry powder or garam masala
- 1 tsp paprika
- 2 small yellow summer squash finely chopped
- ½ sweet onion finely chopped
- 1 Tbsp grated fresh ginger
- 2 tsp minced garlic
- ¼ tsp freshly ground black pepper
- ¼ tsp kosher salt
- 1 (14.5 oz.) can petite diced tomatoes
- 1¼ cups low-sodium vegetable broth
- 1 cup carrot juice
- 1¼ cups whole-wheat couscous (such as Fantastic Whole Foods found in the Organic & Natural aisle)
- 2 Tbsp finely chopped cilantro or parsley
- cilantro or parsley sprigs for garnish (optional)

1. Heat 1 Tbsp. of the oil in a large pot over medium high heat. Add chicken, curry powder or garam masala and paprika. Cook and stir until chicken is cooked through about 8 minutes. Transfer chicken to a plate and cover with foil.

2. Add remaining 1 Tbsp. oil to same pot. When hot add squash onion ginger garlic pepper and salt. Cook and stir until onion is softened and squash begins to brown about 8 minutes.

3. Increase heat to high and add tomatoes broth and carrot juice stir to mix. Bring to a boil and add couscous and chopped cilantro or parsley. Stir well and turn off heat. Cover pot and let sit for 5 minutes.

4. Remove lid and fluff couscous with a fork. Divide among 6 plates and top each with a portion of reserved chicken along with any cooking juices. Garnish with a cilantro or parsley sprig if desired and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
340 CALORIES 41G CARBOHYDRATES 30G PROTEIN
7G FAT (1G SATURATED) 55MG CHOLESTEROL
350MG SODIUM 7G FIBER

EAT IT FOR THE RAINBOW

Colorful fruits and vegetables are packed with more nutrition than their paler counterparts. A bright orange sweet potato delivers a healthy dose of beta carotene and rich green spinach is packed with potassium fiber and vitamin C. Lutein one of the pigments that make corn yellow is an antioxidant that can help delay the progression of macular degeneration.

good and healthy

A sautéed of onions and garlic is the base of many recipes across the globe. These and other vegetables in the allium family which also includes leeks, shallots and scallions – help the body produce a compound called glutathione a powerful antioxidant. Garlic is recognized as heart healthy because it helps to lower "bad" cholesterol.

BUTTERNUT SQUASH MAC 'N CHEESE

SERVES 8

ACTIVE TIME: 36 MINUTES

TOTAL TIME: 1 HOUR 11 MINUTES

Creamy butternut squash blends in perfectly with this classic mac 'n cheese giving it a golden color. This version includes sausage and peas, but you can omit the meat and double the peas for a veggie version. Serve with a green salad. May be frozen and recipe may be halved (baked in an 8-by-8-inch square pan).

- 1 (14.5 oz.) box multigrain "plus" rotini
- 1 Tbsp. canola or olive oil
- 1 tsp. minced garlic
- 1 (12 oz.) pkg. frozen winter squash, thawed
- 1½ cups low-sodium vegetable broth
- 1 (12 oz.) can 2% evaporated milk
- 4 oz. Neufchâtel cheese, cut into 4 pieces
- 2 cups grated 2% sharp cheddar
- 1 Tbsp. dried onion
- 1 tsp. brown mustard
- 1 tsp. hot pepper sauce
- ½ tsp. freshly ground black pepper
- ¼ tsp. kosher salt, or to taste
- 1½ cups frozen peas
- 1 (12 oz.) pkg. Nature's Place® precooked chicken sausage, coarsely chopped
- ¼ cup grated Parmesan cheese
- ¼ cup panko bread crumbs

1 Preheat oven to 375°F. Spray a 9 by 13 inch baking pan with vegetable cooking spray.

2 Bring a large pot of water to a boil over high heat. Sprinkle in a teaspoonful of salt. Then add rotini and stir well. Cook until just al dente, about 8 minutes. Drain pasta and run cold water over it. Return rotini to pot.

3 While rotini cooks, prepare sauce. Heat oil in a large saucepan over medium heat. Add garlic and cook until fragrant, about 30 seconds.

4 Add squash, raise heat to medium-high and bring to a simmer.

5. Whisk in broth, milk and Neufchâtel cheese. Bring mixture to a low boil, whisking often.

6 Turn off heat and add cheddar, onion, mustard, hot pepper sauce, black pepper and salt. Stir until cheese is melted and sauce is smooth.

7 Add peas, sausage and cheese sauce to rotini and stir until evenly blended. Transfer mixture to prepared pan. Sprinkle Parmesan and panko over top of pasta. Bake until bubbly and slightly golden on top, about 25 minutes. Let rest 5 minutes before serving.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 530 CALORIES, 54G CARBOHYDRATES, 30G PROTEIN, 21G FAT (9G SATURATED), 75MG CHOLESTEROL, 750MG SODIUM, 6G FIBER.

Kimberly Meyane's latest cookbook is Everyday Gluten-Free Slow Cooking.

WINE SUGGESTIONS

Woodbridge by Robert Mondavi Riesling will work well with the complex Moroccan Chicken with Golden Couscous. The wine features lush flavors, touched with honey and spice, and just the right balance of light sweetness and crisp acidity. With the Butternut Squash Mac 'n Cheese, try **Toasted Head Chardonnay**, with its creamy finish and hints of buttered toast and lemon zest. It's a good match for rich pasta dishes.

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WELCOME

Hannaford is more committed than ever to providing foods that are not only nutritious, but affordable, with good value in every aisle.

Dear Readers

With the holidays behind us, it seems fitting that the theme of this edition of *fresh* is focused on preparing and serving healthy meals.

Whatever your level of cooking skill, you'll find recipes and tips to guide you through the winter, including our "Stealth Health" feature on page 34. You'll also see suggestions from one of our registered dietitians, offering ideas about healthy eating resolutions for the new year.

Hannaford is more committed than ever to providing foods that are not only nutritious, but affordable, with good value in every aisle. That commitment is also making a positive difference in our communities. Hannaford is proud to support the nonprofit program Cooking Matters, part of Share Our Strengths No Kid Hungry campaign, which helps families shop for and cook nutritious meals on a budget. (You can learn more online at www.cookingmatters.org.)

Best wishes for a healthy 2014.

Sincerely,

Brad Wise

BRAD WISE
President, Hannaford Supermarkets

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A Winter Salad Bar

Here's an easy way to keep those resolutions about healthier eating

BY ARMAND FAMIGLIETTI

You've made the decision to start the new year off right. That smart step includes eating healthier meals. But how can you make sure that your busy days include low-calorie meals that actually taste good? Enter the winter salad bar.

With some easy planning, your refrigerator can supply everything you need to make a spontaneous salad any night of the week.

For your winter salad bar, focus on roasting seasonal vegetables in advance so they're ready for the week ahead. Canned and frozen veggies can supplement fresh ones and are easy to have on hand.

When it comes to leafy greens, keep an assortment of darker shades, like baby romaine, spinach, arugula and kale, at the ready in separate containers in the fridge. Then simply select the greens you want to use as the base of your salad.

Looking to add protein? Precooked rotisserie chicken is a great time saver. Other easy protein add-ins are quick-cooking fish, like salmon, already cooked seafood (crab, shrimp, tuna), tofu and canned beans.

Fruit adds a refreshing sweetness and cold-weather staples, like apples, pears and citrus, keep well in the fridge.

Store other ingredients, such as nuts and seeds, in separate containers, ready to sprinkle on a salad at a moment's notice.

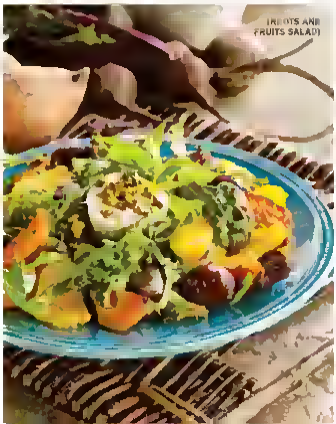
ROOTS AND FRUITS SALAD

SERVES 4
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 30 MINUTES

This salad mixes the rich flavors of beets and sweet potatoes with creamy goat cheese. Recipe may be halved.

olive oil cooking spray
1 (15 oz.) can whole beets in water
1 large sweet potato
1 (15 oz.) can sliced peaches in juice (no sugar added)
2 Tbsp. cider vinegar
¼ tsp. salt
¼ tsp. freshly ground black pepper
3 Tbsp. olive oil
1 (4 oz.) log goat cheese
2 Tbsp. shelled unsalted pistachios
1 (5 oz.) pkg. spring mix salad greens
2 clementines or 1 orange
2 Tbsp. dried cranberries (optional)

1 Preheat oven to 450°F. Line a baking sheet with foil and spray with olive oil cooking spray.
2 Drain beets in a colander and pat dry with a paper towel. Place on one half of the prepared baking sheet.
3 Peel sweet potato. Cut in half lengthwise, then cut each half into ¼-inch thick slices. Place slices on other half of baking sheet in a single layer. Spray vegetables with olive oil spray. Roast until fork-tender, about 20 to 22 minutes.
4 While vegetables cook, prepare the rest of the salad. Remove 2 Tbsp. of the juice from canned peaches and add to a jar with a tight-fitting lid. Add vinegar, salt and pepper and shake to mix well. Add oil and shake until blended. Alternately whisk these ingredients together in a small bowl. Set aside.
5 Slice goat cheese into 4 rounds. Top each with pistachios, pressing down slightly. Set aside.
6 Add greens to a large bowl. Drain peaches and add to bowl. Discard juice. Peel clementines or orange. Separate the segments; if using an orange, cut segments in half, add to bowl. Toss greens and fruit with half the reserved dressing and divide among 4 plates.
7 When vegetables are done roasting, add them to bowl used for greens and toss with remaining dressing. Divide among the plates, arranging them around edges of greens. Place a pistachio-studded round of goat cheese at the center of each plate. If desired, sprinkle with cranberries. Serve.



APPROXIMATE NUTRITIONAL VALUES PER SERVING: 360 CALORIES, 32G CARBOHYDRATES, 10G PROTEIN, 23G FAT (8G SATURATED), 20MG CHOLESTEROL, 440MG SODIUM, 6G FIBER

FOOD STYLING: LYNNE NOLAN; BOUNDARIES, FRONT PAGE, STYLE: ANNIE (CONTINUING)

SUPER SIMPLE CROUTONS

Breathe new life into stale bread by making your own croutons. Cut or tear the bread into cubes or squares. Place into a bowl and slowly drizzle with Italian dressing while tossing so that each cube is coated. Arrange the bread on a baking sheet in a single layer and place in the oven set at 300°F, heating for 10 to 12 minutes until toasted. Store croutons in a zip-close bag in the fridge or freezer.

ROAST BEEF SANDWICH SALAD

SERVES 4
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 15 MINUTES

Love the flavors of a roast beef sandwich but don't want to consume all the carbs? Try this twist on the classic in salad form. Both kale and romaine are good sources of vitamins A and C. Use a Guiding Star®-rated deli roast beef for less sodium. Recipe may be halved.

- 2 slices marble or plain rye bread
- ¼ cup red wine vinegar
- 1 tsp. grainy mustard
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- ¼ cup extra virgin olive oil
- 12 oz. lean low-sodium roast beef, thinly sliced
- 1 (5 oz.) pkg. baby romaine
- 1 (5 oz.) pkg. baby kale
- ¼ red onion
- ½ (12 oz.) jarred roasted red peppers
- 2 plum tomatoes

1 Lightly toast bread. Cut each slice into eight pieces and set aside.
2 While bread toasts, prepare dressing. In a jar with a tight-fitting lid, combine vinegar, mustard, salt, and pepper. Shake well to combine. Add oil and shake until well blended. Alternately whisk together ingredients in a small bowl.
3 Layer all slices of roast beef together. Cut into 1- to 1½-inch pieces and add to a medium bowl. Pour on 2 Tbsp. of the dressing and stir to distribute.
4 In a large bowl combine romaine and kale. Slice onion very thinly and add to greens. Chop red peppers into bite-size pieces and add. Toss with 3 Tbsp. of the dressing.
5 Cut tomatoes in half lengthwise and slice into ¼-inch-thick half moons.
6 Assemble salad. Divide greens among 4 plates. Scatter roast beef on top of greens on each plate. Then top with tomato slices. Drizzle remaining dressing over tomatoes. Place 4 toast pieces on each plate and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 200 CALORIES, 15G CARBOHYDRATES, 3G PROTEIN, 15G FAT (2G SATURATED), 0MG CHOLESTEROL, 340MG SODIUM, 3G FIBER

good and healthy

Sweet potatoes are an excellent source of vitamins A and C, and a good source of fiber and potassium. Plus, a medium sweet potato has only about 100 calories.

POWER HEALTH SALAD

SERVES 4
ACTIVE TIME: 25 MINUTES
TOTAL TIME: 30 MINUTES

Cruciferous veggies are being investigated as possible cancer fighters. This salad features a trio from that family: Brussels sprouts, broccoli slaw, and arugula, with the addition of lean protein in the form of salmon with its heart-healthy omega 3 oils. The salad is good warm or chilled. Recipe may be halved.

- 2 Tbsp. balsamic vinegar
- 1 Tbsp. fresh lemon juice
- 2 Tbsp. orange juice
- ¼ tsp. salt
- ½ tsp. freshly ground black pepper, plus additional for garnish
- ¼ cup extra virgin olive oil
- 4 (4 oz.) salmon fillets
- 2 cups Brussels sprouts
- 1 (5 oz.) pkg. baby arugula
- 2 cups broccoli slaw
- 1 Tbsp. roasted, unsalted sunflower seeds

1. Preheat oven to 450°F. Spray a baking sheet with olive oil cooking spray.
2. In a jar with a tight fitting lid, combine vinegar, lemon juice, orange juice, salt, and ½ tsp. pepper and shake well to combine. Add oil and shake well to blend. Alternately, combine these ingredients in a small bowl and whisk well.
3. Place salmon on a plate, skin side down. Drizzle 1½ tsp. of the dressing on the skinless side of each fillet and set aside.
4. Trim Brussels sprouts and cut in half lengthwise. Place in a large bowl and toss with 3 Tbsp. of the dressing, coating well. Place Brussels sprouts in a single layer on prepared baking sheet and roast until fork tender, about 20 minutes.
5. While veggies roast, spray a large nonstick skillet with cooking spray. Place salmon skin side down in skillet and cook over medium-high heat for 5 to 7 minutes. Turn and cook the other side until cooked through, another 5 to 7 minutes.
6. While salmon cooks, place arugula and broccoli slaw in bowl used to mix Brussels sprouts. Toss with remaining dressing and divide among 4 plates.
7. Remove skin from each cooked salmon fillet and place fillets in center of greens on each plate. Surround each fillet with Brussels sprouts. Garnish with additional black pepper and sunflower seeds. Serve immediately or serve chilled.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
400 CALORIES, 12G CARBOHYDRATES, 23G PROTEIN, 26G FAT (3G SATURATED), 55MG CHOLESTEROL, 300MG SODIUM, 4G FIBER

ROASTAROMA

Roasting vegetables for salads expands the variety of veggies you can use (and roasting concentrates the flavor). Try cubed winter squash, sweet potatoes, Yukon Gold potatoes, sliced carrots, beets, green beans, and Brussels sprouts for starters. Toss with olive oil and seasonings like freshly ground black pepper, paprika, or chili powder. Spray a baking sheet with vegetable cooking spray, spread the veggies in a single layer, and roast at 450°F until tender, about 15 to 35 minutes, depending on the vegetable. Let cool and store in an airtight container in the fridge – ready for your winter salad bar.


(POWER HEALTH SALAD)

WELL DRESSED

An assortment of tasty, low-fat dressings makes a salad bar an easy treat. But you can also make home-made lower fat dressings in minutes. The classic French ratio for vinaigrette is 3 parts oil to 1 part vinegar (for example 3 Tbsp. oil to 1 Tbsp. vinegar). But we've found that a 1 to 1 ratio yields delicious dressings too, without the extra calories. A small amount of mustard adds flavor and helps keep the dressing emulsified. For addic balance try different vinegars or citrus juices, with assorted oils. Herbs and spices add more flavors.

Try these combos.

- **Asian:** rice vinegar + toasted sesame oil + soy sauce + ginger
- **Italian:** balsamic vinegar + extra virgin olive oil + garlic + basil
- **French:** white wine vinegar + walnut oil + mustard + tarragon
- **Tangy:** fresh lemon juice + olive oil + ground cumin + pepper

CHICKEN, BROCCOLI AND ZITI SALAD

wine and beer suggestions

Salads can be difficult to pair with wine; the acid in the dressing tends to make wine go dull. But the proteins—cheese, fish, chicken, meat—in these salads make them wine-friendlier. Pair the Roots and Fruits Salad with the citrusy **Woodbridge by Robert Mondavi Pinot Grigio**. Try **Pölka Dot Riesling** with the Power Health Salad. **Clos du Bois Chardonnay** with its creamy palate texture will complement Chicken, Broccoli and Ziti Salad. Change gears a bit and have a deep, dark **Guinness Stout** with the Roast Beef Sandwich Salad.

CHICKEN, BROCCOLI AND ZITI SALAD

SERVES 6
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 30 MINUTES

This hearty salad offers a tasty combination of lean protein from cooked chicken breast alongside fiber rich broccoli and spinach. If you make this salad ahead of time, wait to add the dressing until just before serving. Recipe may be halved.

3 cups fresh broccoli florets
2 Tbsp. olive oil
¼ tsp. freshly ground black pepper
2 cups multigrain penne or ziti
7 to 8 oz. cooked sliced rotisserie chicken breasts (such as Oscar Mayer)
¼ cup light Parmesan dressing
2 Tbsp. sliced black olives
1 (5 oz.) pkg. baby spinach
¼ cup shredded part-skim mozzarella

1 Bring a large pot of water to a boil over high heat. Preheat oven to 450°F. Spray a baking sheet or roasting pan with vegetable cooking spray.
2 While water heats, place broccoli in a large bowl. Add olive oil and pepper and stir until broccoli is well coated. Spread florets on prepared baking sheet and roast until fork tender, about 12 to 14 minutes.
3 When water boils, sprinkle with a teaspoonful of salt and add pasta. Cook until al dente, about 10 to 12 minutes.
4 While pasta cooks, chop chicken into bite size pieces and add to bowl used to mix broccoli and oil. When pasta is ready, drain well and add to chicken. When broccoli is ready, add to the bowl. Drizzle with dressing and stir to mix well. Stir in olives.
5 Divide spinach among 6 plates. Top with chicken and pasta mixture and serve with mozzarella in a bowl on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 318 CALORIES, 32G CARBOHYDRATES, 21G PROTEIN, 11G FAT (2G SATURATED), 35MG CHOLESTEROL, 278MG SODIUM, 5G FIBER

STICKER: SALAD DRESSING.

COOKING WITH THE STARS

Subzero Heroes

Frozen fruits and vegetables add nutrition to winter meals

MATTHEW KADEY, MS, RD | PHOTOGRAPHS BY MARK FERRI

There's nothing quite like biting into a juicy local tomato or peach in the summer. But once Close to Home™ strawberries and farm fresh green beans have gone into winter hibernation, consider embracing their frozen counterparts. Packages of frozen fruits and vegetables provide a convenient and economical way for families to eat nutritious produce during winter.

Best of all, fruits and vegetables destined for the freezer section are typically harvested at their peak ripeness and then quickly frozen to lock in nutrients, antioxidants, and flavor. In recent years, advances in freezing technology have further improved the texture and flavor of fruits and vegetables put on ice.

As these recipes demonstrate, frozen fruits and vegetables can play a starring role in satisfying and healthy winter meals.

POACHED CHICKEN WITH BERRY SAUCE AND GREEN BEANS ★

SERVES 4
ACTIVE TIME 30 MINUTES
TOTAL TIME 40 MINUTES

Poaching chicken breasts is a cooking method that helps keep the lean meat moist. Extra sauce can be frozen for up to 3 months. Recipe may be halved.

- 4 (6 oz.) skinless, boneless chicken breasts
- ¼ cup sliced almonds
- 3 cups frozen berry medley
- 1 shallot, minced
- 2 cloves garlic, minced
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. chopped fresh rosemary or 1 tsp. dried
- 2 tsp. minced chipotle chili peppers (from canned chipotles in adobo sauce)
- 1 tsp. grated lemon zest
- ½ cup plus 2 Tbsp. water, divided
- 1 Tbsp. cornstarch
- 1 (12 oz.) package frozen green beans
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. fresh lemon juice
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- lemon slices for garnish (optional)

1. To poach chicken, place breasts in a pot large enough that they lie flat in one layer. Add enough water to completely cover chicken by at least 1 inch. Over medium-high heat, bring water to a very slight simmer with just a few bubbles breaking the surface; reduce heat to medium-low, partially cover, and cook until meat is cooked through, about 15 minutes. Adjust heat as needed during cooking to maintain the slight simmer and skim off any foam that forms.
2. Place almonds in a small skillet and cook over medium heat until toasted, about 3 to 5 minutes. Remove nuts from pan and set aside.
3. While chicken cooks, prepare sauce. In a medium saucepan, stir together berries, shallot, garlic, vinegar, rosemary, chipotle, lemon zest, and ½ cup of the water. Bring to a boil; reduce heat to medium-low and simmer for 10 minutes.
4. Dissolve cornstarch in 2 Tbsp. of the water; stir into sauce and continue to simmer until slightly thickened, about 4 to 6 minutes.
5. Cook green beans according to package directions. In a small bowl, whisk together olive oil, lemon juice, salt, and black pepper. Pour over beans and toss to coat.
6. To serve, slice cooked chicken into ½-inch strips. Place chicken on 4 plates and top with berry sauce. Divide beans among the plates. Scatter reserved toasted almonds over beans; garnish with lemon slices if desired, and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 430 CALORIES, 26G CARBOHYDRATES, 48G PROTEIN, 15G FAT (2.5G SATURATED), 120MG CHOLESTEROL, 250MG SODIUM, 8G FIBER

[POACHED CHICKEN WITH BERRY SAUCE AND GREEN BEANS]

ASK THE BUTCHER

Q: How would you recommend cooking a pork tenderloin?

A: This is a great piece of meat – very tender and a good value. About the only thing that can go wrong when fixing a pork tenderloin is overcooking it. You can safely cook pork to an internal temperature of 145°F. Roasting pork tenderloin in a slow cooker is always a good choice for keeping this cut tender. Other techniques that work well are stir frying and grilling. I love it as kebabs or butterflied and rolled with traditional stuffing or fixed Florentine style, stuffed with spinach and provolone, and seasoned with salt and pepper. Our customers will be happy to butterfly the pork for you, then you can just roast it in the oven at 350°F for about 45 minutes.

– Lynn Merrick is a butcher at our Eastern Mass. store

(MANGO PORK STIR FRY)

MANGO PORK STIR FRY ★★

SERVES 4
ACTIVE TIME: 25 MINUTES
TOTAL TIME: 40 MINUTES

The quick, high heat cooking of stir frying is the perfect opportunity to make use of frozen vegetables and fruit like mango. May be frozen and recipe may be halved.

1 cup pearled barley
2½ cups water
⅔ cup orange juice
2 cloves garlic, minced
2 tsp. minced fresh ginger
2 tsp. cornstarch
1 tsp. grated lime zest
½ tsp. ground cumin
¼ tsp. crushed red pepper flakes
¼ tsp. salt
¼ tsp. freshly ground black pepper
4 tsp. canola oil, divided
1 medium sweet potato, peeled and grated (about 2 cups)
1 lb. pork tenderloin, sliced along its width into ½ inch rounds
1 (8 oz.) bag frozen mixed pepper strips
2 cups frozen mango cubes
2 scallions, thinly sliced
¼ cup chopped cilantro for garnish (optional)
steamed garden peas for garnish (optional)

1. Combine barley and water in a medium saucepan and bring to a boil over high heat. Reduce heat to low and simmer, covered, until tender, about 35 minutes. Drain any excess water, cover and set aside.
2. Meanwhile, in a small bowl, whisk together orange juice, garlic, ginger, cornstarch, lime zest, cumin, chili flakes, salt and black pepper. Set aside.
3. Heat a wok or large skillet over medium-high heat. Add 2 tsp. of the oil and sweet potato. Cook until tender, stirring very often, about 3 minutes. Transfer sweet potato to a bowl.
4. Add remaining 2 tsp. oil to pan. Add pork and cook until well cooked on the outside and only slightly pink on the inside, about 4 minutes. Transfer pork to bowl with sweet potatoes. Add pepper strips and mango to pan and cook, stirring often, until mango has thawed, about 2 minutes. Stir in sweet potato, pork, scallions, and orange sauce. Heat until sauce has thickened slightly, about 1 minute.
5. To serve, divide barley among 4 plates and top with pork mixture. Garnish with cilantro and steamed garden peas if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
490 CALORIES, 72G CARBOHYDRATES, 31G PROTEIN, 9G FAT (1.5G SATURATED), 65MG CHOLESTEROL, 190MG SODIUM, 12G FIBER

GUIDING STARS™

Nutritious Choices Made Simple®

Guiding Stars® is a patented program that lets you quickly see how a product on our shelves (or in one of our recipes) stacks up. Foods that earn stars offer the most nutritional value for the calories: one star is good, two is better, three is best. So just follow the stars for easier shopping and healthier cooking.

GUIDING STARS KEY
★ = good nutritional value
★★ = better nutritional value
★★★ = best nutritional value

PHOTO: STYLING: LEFT: E. BARLAMBIRIS; PROP STYLING: FRANCINE MATAL; ON-SCENE:

TILAPIA, EDAMAME AND CAULIFLOWER CURRY ★

SERVES 4
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 1 HOUR 30 MINUTES
(INCLUDES SOAKING TIME FOR CASHEWS)

Blending cashews into a creamy sauce is a way to add richness to this curry. There is no need to thaw the edamame or cauliflower before it goes into the pan. If desired, you can replace the tilapia with salmon or catfish. Serve with brown rice to absorb the tasty sauce. Recipe may be halved.

- ¾ cup unsalted cashews
- 1½ cups unsweetened coconut milk beverage (from a carton, not a can)
- 1 cup low-sodium vegetable broth
- 1 Tbsp. curry powder
- ¼ tsp. cayenne
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- 1 Tbsp. canola oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 Tbsp. minced fresh ginger
- 3 cups frozen cauliflower florets
- 1 cup frozen shelled edamame
- 1 lb. tilapia, cut into 1-inch cubes
- 1 Tbsp. fresh lime juice
- 2 Tbsp. chopped fresh dill
- lime wedges for garnish (optional)
- dill sprigs for garnish (optional)

1. Place cashews in a small bowl; cover with water and let soak for 1 hour or up to several hours.
2. Drain cashews and place them in a blender or food processor with coconut milk, broth, curry powder, cayenne, salt, and black pepper. Blend until very smooth, about 1 minute.
3. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring occasionally, until softened, about 5 minutes. Add garlic and ginger; cook 1 minute. Place cashew sauce and cauliflower in the pan. Bring to a boil; reduce heat to medium-low and simmer gently for 6 minutes. Add edamame and tilapia; end continue cooking until tilapia is cooked and edamame is tender, about 6 more minutes. Stir in lime juice and dill.
4. Divide curry among 4 shallow bowls. Garnish with lime wedges and dill sprigs if desired, and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 590 CALORIES, 25G CARBOHYDRATES, 35G PROTEIN, 41G FAT (23G SATURATED), 80MG CHOLESTEROL, 230MG SODIUM, 7G FIBER ●

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Game Day Crowd-Pleasers

Create new fan favorites with our versatile salsas

BY CAROLINE BARRETT PHOTOGRAPHS BY [illegible] ELLER [illegible] ELLER

The annual Super Bowl debate is happening in homes across America. What to serve on game day? The opposing sides usually fall into "easy party food" and "delicious healthful food" camps.

The recipes here offer the best of both worlds. We start with our own Taste of Inspirations® salsas and Nature's Place® ingredients and, with a few additions, trans form them into dishes that will bring cheers from foodies and football fans alike.

SMOKY STEAK BITES WITH SPICY PEACH DIP

SERVES 10
ACTIVE TIME 25 MINUTES
TOTAL TIME 35 MINUTES

These little bites of smoky steak are delicious on their own, but the addition of a sweet-and-sour spicy dip makes them even better. Steak may be frozen.

Make ahead: *The steak may be trimmed and refrigerated the day before the party. The spice mixture can be prepared a day in advance as well. The dip can be prepared up to 6 hours before serving.*

Steak

- 2 Tbsp. Nature's Place® Chopped Garlic
- ½ tsp. Taste of Inspirations® Smoked Salish Sea Salt
- 2 tsp. freshly ground black pepper
- 4 tsp. ground cumin
- 4 tsp. smoked paprika
- 4 lbs. Taste of Inspirations® Sirloin Boneless Tips, trimmed and cut into 1 inch cubes

Dip

- 1 cup Taste of Inspirations® Peach Salsa
- ½ cup chopped Nature's Place® Organic fresh cilantro, plus more for garnish
- 3 Tbsp. chopped Nature's Place® Organic fresh chives
- 1 tsp. chipotle pepper powder
- 1 (6 oz.) container Taste of Inspirations® Nonfat Plain Greek Yogurt

1. Start preparing steak. In a large bowl, combine garlic, salt, pepper, cumin, and paprika. Toss steak pieces with the garlic mixture, being careful to coat all sides. Marinate for 30 minutes at room temperature or up to 4 hours in the fridge.
2. Prepare dip. In a food processor, combine salsa, cilantro, chives, and chipotle powder. Process until smooth. Add yogurt and process to blend. (For a chunkier dip, stir together all dip ingredients in a large bowl.) Refrigerate dip in an airtight container until ready to serve.
3. Preheat broiler. Line 2 baking sheets with foil and spray with vegetable cooking spray. Spread steak pieces evenly on both sheets. Broil (one sheet at a time) for 3 to 4 minutes. Turn steak pieces and broil for another 2 to 4 minutes for medium rare. Transfer to a shallow serving bowl.
4. Serve steak cubes with toothpicks, with Spicy Peach Dip on the side in a serving bowl garnished with chopped cilantro.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 320 CALORIES, 5G CARBOHYDRATES, 46G PROTEIN, 10G FAT (3.5G SATURATED), 125MG CHOLESTEROL, 180MG SODIUM, 1G FIBER

FOOD STYLING: MARY JANE SAWYER; PROP STYLING: LAUREN KILES

Q. I've tried to make chocolate curls to dress up my special desserts, but the chocolate flakes off in pieces. Is there a secret you could share, hopefully before Valentine's Day?

SEAN VARNERIN
[illegible]

A. Chocolate ribbons can be decorative and yummy. Here's an easy method for elegant curls. Start with a bar of a softer chocolate (milk and white curl more easily than dark); thicker bars are easier to work with. Have the chocolate at least at room temperature — chocolate that's too cold can be brittle and too warm can be gloppy. (You can gently warm cold chocolate under a lamp, and if it gets too warm, freeze it for just a minute.) Also slightly warm the vegetable peeler you will use to make the curls. Make a lip with parchment paper or foil, dull side up. Put the chocolate bar on the paper or foil and place the edge parallel to the edge of the counter. Then hold the far side of the bar while you gently draw the veggie peeler toward you. Have a skewer or flexible spatula handy to move the curls from the paper to your dessert (fingers could melt the chocolate). You can also make the curls ahead and store them in an airtight container in the fridge or freezer.

We'd Love to Hear from You!
Please send your questions, comments, suggestions, and culinary musings to freshmagazine@hannaford.com or fresh magazine, P.O. Box 1000, Portland, ME 04104. Be sure to include your name, address, and daytime phone number. Letters may be edited for length and clarity. To comment on Hannaford stores, visit **hannaford.com** and click on the Contact Us icon at the top of the page, then select Feedback, or call 800.213.9040.

Q. I enjoy *fresh* magazine, and the July/August 2013 issue had some beautiful and tasty sounding recipes. You can't go wrong with lobster! But I'm on a low-sodium diet. Would you consider devoting a portion of an issue to those of us who must restrict our sodium intake to less than 2,000 mg per day?

CYNTHIA WEBSTER
[illegible]

A. You make a great point. Reducing sodium is an important goal for many readers. We do cut back on the salt in our recipes but, as you know, some ingredients — like lobster — come with intrinsic sodium, so the sodium meter is running before the recipe developer even begins adding salt. However, in every issue you'll notice recipes in the index that are awarded Guiding Stars®, which means they qualify as lower in sodium. And you can always count on the recipes in our Cooking with the Stars column to keep the salt milligrams down.

RECIPE INDEX

VEGETARIAN FREEZABLE hannaford.com

Indicates a recipe that earned Guiding Stars.

Indicates a recipe that is gluten free. Always check the ingredient statement on packaged foods and spices.

All ingredients may not be available in all stores.

KEIR HANSEN (CHICO), A. E. CURLS

SPINACH CORN EMPANADAS

SERVES 10 (20 EMPANADAS)
ACTIVE TIME 30 MINUTES
TOTAL TIME 1 HOUR 50 MINUTES
(INCLUDES CHILLING TIME)

If pressed for time you can use premade empanada wrappers (found in the freezer section) or refrigerated pie dough Extra filling can be used in sandwiches

Make ahead *Dough may be made a day ahead. Assembled empanadas can be refrigerated before brushing with egg, wrapped well for up to 2 days.*

Dough

- 3 cups all-purpose flour
- ½ tsp Taste of Inspirations® Fleur De Sel salt
- 1 tsp. turmeric (optional)
- ¾ cup (1½ sticks) unsalted butter chilled cut into ½-inch pieces
- 1 tsp white vinegar
- 1 egg
- 4 tsp. cold water

Filling and Topping

- 1 tsp. Taste of Inspirations® Italian Extra Virgin Olive Oil
- 1 small white onion finely chopped
- 1 (16 oz.) pkg frozen chopped spinach thawed
- 1½ cups Taste of Inspirations® Corn & Chili Salsa
- 1¾ cups shredded Hannaford® Extra Sharp Cheddar Cheese divided
- 1 egg lightly beaten

1 Prepare dough. In a food processor combine flour salt and turmeric if using. Pulse to mix Add butter vinegar and egg and pulse until crumbly With the motor running add water 1 tsp at a time until a ball begins to form Remove dough from processor (Alternately combine dry ingredients in a large bowl cut in butter until crumbly stir in egg and vinegar then stir in water until combined) Knead until smooth

2. Divide dough into 4 equal pieces and form each into a log Wrap in plastic wrap and refrigerate for at least 1 hour and up to overnight.

3. While dough chills prepare filling Heat oil in a large skillet over medium low heat Add onion and cook stirring until soft and fragrant Add spinach and stir to heat through Remove from heat and let cool about 10 minutes If spinach mixture is liquidy spoon into sieve lined with a double layer of paper towels and press down to drain

4 In a large bowl stir together salsa and 1 cup of the cheese Stir in the spinach mixture

5 Remove dough from refrigerator and cut each log into 5 equal pieces On a floured surface roll each piece into a 5-inch round about ⅛ inch thick Keep finished rounds covered with a damp kitchen towel while preparing remaining rounds

6. Preheat oven to 400°F Spray 2 baking sheets with vegetable cooking spray or line with parchment paper

7 Fill empanadas by placing a large spoonful of filling on half of each dough circle There may be extra filling Pinch dough edges together completely sealing entire empanada Work from the edge and turn over ¼ inch pinch and repeat until entire edge is crimped and sealed Place finished empanadas on prepared baking sheets

8. Brush top of each empanada with beaten egg Sprinkle a spoonful of the remaining ¾ cup cheese on each empanada pressing it lightly into the dough Bake until firm and lightly golden about 20 to 25 minutes Cool empanadas on a wire rack for 5 minutes then serve warm or at room temperature

APPROXIMATE NUTRITIONAL VALUES PER SERVING 490 CALORIES 37G CARBOHYDRATES 12G PROTEIN 22G FAT (11G SATURATED) 90MG CHOLESTEROL, 550MG SODIUM 3G FIBER

ASK THE BUTCHER

Q. *When it comes to steak what are some reasons to go with sirloin tips?*

A. I love these on the grill with our line of Taste of Inspirations® rubs, marinades, and sauces For a quick dinner, I just bake the tips in a sauce at 350°F for 20 minutes a pound. This versatile cut is also available as strips and whole steaks. Try the steaks butterflied, rolled, and stuffed (your butcher will gladly handcraft and stuff these for you) Even basic seasoning brings out this cut's great flavor and buying it well marbled means it will be extra moist and tender

—Lynn Merrick is a butcher in our Easton, Mass. store.

beer suggestions

Beer is the obvious beverage choice with these hearty snacks. Pair the Spinach Corn Empanadas with **Bud Light Lime**, which combines a delicate malt sweetness and crisp, clean finish. **Beck's Pilsner**, a golden-hued German beer that's nicely balanced with a clean, dry hop finish, makes a good match for Smoky Steak Bites. And save on carbohydrates by serving **Michelob Ultra**, a low-carb light lager featuring subtle notes of citrus, with the Raspberry Lime Marinated Salmon.

RASPBERRY LIME MARINATED SALMON SKEWERS

RASPBERRY LIME MARINATED SALMON SKEWERS

SERVES 10
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 52 MINUTES
(INCLUDES MARINATING TIME)

Super Bowl snacking gets all dressed up with this super easy recipe. Our seafood associate will skin and bone the salmon for you. The tangy-sweet touch of Taste of Inspirations® Raspberry Lime Salsa makes marinating salmon a snap. Use 4-inch skewers. Found in the Gadget aisle. May be frozen and recipe may be halved.

Make ahead: *The salmon can be cut into pieces one day ahead. Keep sealed tightly in the refrigerator until ready to cook.*

- 1 (16 oz.) jar Taste of Inspirations® Raspberry Lime Salsa, divided
- zest and juice of 2 limes
- ½ cup minced shallots
- 5 (6 oz.) salmon fillets, skin removed
- lettuce leaves for serving (optional)

1 Combine 1½ cups of the salsa, lime zest and juice, and shallots in a nonreactive large bowl. Cut each salmon fillet into 8 pieces about the same size. Add to salsa mixture and mix gently to coat all pieces. Marinate for 20 to 30 minutes at room temperature. Soak 40 (4 inch) skewers in water while salmon marinates.
2 Line two baking sheets with foil and spray with vegetable cooking spray. Preheat broiler. Thread 1 piece of salmon onto each skewer. Spread skewers evenly on 2 baking sheets and discard marinade.
3 Broil salmon for 2 minutes (one pan at a time), then turn skewers and broil for 1 more minute. Be careful not to overcook. Transfer to a platter, atop lettuce leaves if desired, and serve with a bowl of remaining salsa on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
140 CALORIES, 6G CARBOHYDRATES, 16G PROTEIN, 11G FAT (2.5G SATURATED), 45MG CHOLESTEROL, 280MG SODIUM, 0G FIBER ●

STACKED (TACOS)

VERSATILE SALSA

Taste of Inspirations® and Nature's Place® salsas are great for entertaining – and much more. Try combining chopped grilled chicken breast with Nature's Place® Organic Salsa and serve with flour tortillas. Top with shredded Hannaford® Extra Sharp Cheddar Cheese, shredded lettuce, and chopped vegetables – if you like, add sour cream and guacamole – for an easy and delicious weeknight meal.

hearty handful

When you want more than just another sandwich. Try a delicious fresh panini. A substant al grilled sandwich with Italian flair. Hannaford® Paninis are perfect for quick meals on the go. Each is grilled in the store (where available), ready to be enjoyed hot – but equally delicious cold. Crafted from the freshest deli ingredients packed between slices of hearty bread, our paninis will satisfy both serious appetites and discriminating tastes. Try all flavorful varieties including Mozzarella Tomato Ciabatta, Classic Turkey Reuben (Rachel), Chicken Pesto Chipotle Chicken, and Turkey Gobbler (seasonal).

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YOUR FORTUNE AWAITS

FEBRUARY 2014

Miller FORTUNE

GREAT BEER
GREAT RESPONSIBILITY

j/f 14

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GOOD FOR YOU

Begin the year right with ideas and recipes for incorporating nutrient rich staples into your rotation

ON THE COVER: Roots and Fruits Salad. See page 40 for the recipe
Photograph by George Beninglon.

in every issue

go online

Like what you see in the magazine? Go online and visit **hannaford.com** for more great recipes from this issue

POWER FOOD

chocolate

THE ANCIENT MAYANS of Central America are credited with the first cultivation of the *Theobroma cacao* tree in about 1500 BCE. Both the Mayans and the Aztecs believed that the cacao or cocoa bean had divine properties, and for many years those beans were valuable enough to be used as currency. The explorer Hernán Cortés brought cocoa to Europe in the early 16th century, and sweetened hot chocolate became a fashionable drink for the wealthy. Now, of course, chocolate comes in endless forms – and we're so glad it does!

–Kit Breihier, MS, RD, LD

sweet stuff

CHANCES ARE, YOU'VE HEARD chocolate touted as a "health food," and while that might be a bit of a stretch, there's a substantial body of research indicating that the flavanols in cocoa are beneficial to heart health. In addition to their antioxidant role, these flavanols appear to help lower blood pressure, improve vascular function, and make blood less likely to form dangerous clots.

But not all chocolate is created equal. In general, the more additives (like sugar and milk), the fewer health-promoting flavanols. When it comes to chocolate, the darker the better. Plain, high-cocoa-content dark chocolate can be a healthful addition to your diet, provided you keep portions in check.

what's in a name

The higher the percentage of cocoa/chocolate liquor/unsweetened chocolate, the less sugar a product contains and the more intense the chocolate tastes. Here's a handy guide to chocolate types.

- **Unsweetened:** (sometimes called baking chocolate) pure chocolate with no sugar added
- **Bittersweet:** includes semisweet and other dark types; at least 35 percent unsweetened chocolate
- **Sweet:** also called dark chocolate; 15 to 34 percent unsweetened chocolate
- **Milk:** at least 10 percent cocoa solids
- **Cocoa powder:** ground after cocoa butter is removed from cocoa beans
- **"Dutch process" or "European Style" cocoa:** cocoa powder that's been treated with alkali to neutralize its acids. It's darker and mild in flavor

COOKING WITH CHOCOLATE

Savoring chocolate doesn't require a fancy recipe, of course. But making the most of chocolate's qualities in cooking can expand your enjoyment of it. Here are a few ideas for augmenting your culinary creations with dark chocolate or unsweetened cocoa powder.

- Turn coffee into dessert with a dollop of whipped cream topped with grated or shaved chocolate
- Add a little cocoa powder to a seasoning rub for pork roast or ribs
- Add a spoonful of cocoa powder to stew or chili for an extra layer of flavor
- Grate a little chocolate over spicy cooked meals or fish
- Stir a tablespoon of cocoa into your homemade oatmeal during cooking
- Make homemade hot cocoa using cocoa powder and chopped chocolate for extra richness

tips for buying and storing chocolate

Happily, good chocolate doesn't require a high price tag. Instead, consider this when shopping:

- If you want the most healthful chocolate you can find, opt for the darkest variety available (and one darkest you can tolerate) — flavanols in milk chocolate are more "diluted" with milk products and sugar than those in dark chocolate.
- Choose chocolate according to how you plan to use it. If you're following a recipe, use the type that's called for.
- Don't worry if you see a whitish coating on your chocolate — it's still edible! It's called "bloom" and results from temperature variations during storage. Prevent bloom by storing in a dry place at temps between 60°F and 75°F.

A delicious **Secret Ingredient Chocolate Mousse** recipe is only a click away at **hannaford.com**

(SECRET INGREDIENT CHOCOLATE MOUSSE)

FAC NO PAGE STYLIST/FOOD: LESLIE BRLANKIN PROP STYLING: FRANCINE NATALIN DESIGN CHOCOLATE MOUSSE
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